



# Lean Mean Squash and Bean Quesadillas

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Whole Wheat Tortilla, 8 inch		25
Butternut squash		1 gal+2 3/4 cup
Black beans	6 lb	

	Chili powder	2 Tbsp + 3/8 tsp
Ground cumin		2 Tbsp + 1/4 tsp
Ground oregano		2 Tbsp + 1/4 tsp
Cheese Blend, Mozz/Mozz Sub	3 lb 2 oz	

## Directions

1. Follow proper hand washing procedures:

Wet hands and forearms with warm, running water at least 100 degrees F and apply soap. Scrub lathered hands and forearms, under fingernails, and between fingers for at least 10-15 seconds.

2. Rinse thoroughly under warm running water for 5-10 seconds. Dry hands and forearms thoroughly with single-use paper towels. Turn off water using paper towels. Use paper towel to open door when exiting the restroom.

3. To roast the butternut squash:

Peel squash, discard seeds and dice. Spray 18" X 26" sheet pan with non-stick cooking spray and arrange the squash in a single layer.

4. Put in a 450 degrees F oven for 20 minutes or until the

squash cubes are very tender and golden. Sweet potatoes work just as well if butternut squash is unavailable. Roast potatoes the same as the squash.

5. To Prepare Quesadillas:

Strain and rinse black beans and prepare butternut squash. Preheat oven to 450 degrees F.

6. Assemble Quesadilla by layering half of the cheese, black beans and butternut squash on bottom tortilla. Combine spices and sprinkle over the vegetables. Top with the other half of the cheese followed by a second tortilla.

7. Put tray of assembled Quesadilla in the oven for 5 minutes. Bake to 165 degrees F. Slice with a pizza cutter and hot hold at over 135 degrees F. Each Quesadilla makes 4 servings.

## Notes

Serving Tips:

These Quesadillas can be made on a griddle as well. Preheat griddle to med-high heat and assemble the Quesadilla on a non-greased or dry griddle. Check for browning and flip Quesadilla with a spatula to brown the other side. Once cheese is melted and tortillas are browned, slice and serve. Each Quesadilla makes 4 servings.

**Source:** Quaker Valley Middle School (Recipes for Healthy Kids Competition)